Indomitable Carroll Baker

SHE ADMIRES ART of LIVING

ADVICE TO MILADY

By LYDIA LANE

CARROLL BAKER

HOLLYWOOD—It was on the set of "The Miracle" that Carroll Baker was doing a fiery flamenco. As she danced, she sang in flawless Spanish.

"Isn't she lucky?" they said of Carroll when she was chosen for the lead in this important picture. But there came to my mind that wise definition of luck—"When opportunity meets preparedness."

Later, in Warner Brothers' famous Green Room I complimented Carroll on her beautiful figure.

"I would never have thought you'd be so slim after having a baby. Did you have to work hard?" I asked.

"I'll have the diet plate," Carroll told the waitress before answering my question.

"Blanche is my second baby," she explained. "But she is just a year younger than her brother. With Herschel I gained 30 pounds, and when my doctor suggested I start my exercises right after I thought it was ridiculous."

"An example of your independent thinking," I offered. Carroll nodded.

"It took three months of very hard work before I could wear my old size. But I didn't want to make the same mistake twice or go through the struggle of reducing so strenuously. With Blanche I found that by beginning immediately with deep breathing and mild stomach exercises, the muscles responded quickly." Carroll laughed and said: "My motto now is 'Attack before the sag sets in.' And," she added, "it helps to diet. I only gained 16 pounds last time."

I had seen Carroll recently at a party, and she looked so glamorous that I remarked about it: "The Hollywood influence?"

"I was a rebel when you first knew me," Carroll explained. "I was concentrating on becoming a good actress and I didn't care about anything else. Ignoring my appearance was part of this. But since my last birthday I've been better dressed. I was shocked to realize that I was 25 and that in only five years I would be 30. I thought I'd better do something about looking nice while I was still young.

"Now I know what is happening in the fashion world, but I'm not the type to wear a style just because it is new. Clothes have to do something for me."

We talked about the difference between growing up and growing old.

"At a certain time in my life I was very impressed with success and the type of living money could buy—but not any more."

"What does impress you?" I wanted to know.

"Talent," she quickly replied. "I admire a person who has a talent for developing character—who reaches a certain age managing to avoid being neurotic and self-centred—who has made a useful life retaining a sense of proportion and balance. I admire the art of living. We grow up by overcoming our problems.

"Loneliness was a big problem for me. It is something you have to learn to live with. I found it helpful to fill up this loneliness with activity. Regard this as a time to listen to music, to read, to learn a language."

Carroll confessed she had not been a good student in school.

"I was so interested in activities outside the classroom that I had very little formal education. But I have been trying to make up for this. The other day a rather brilliant author told me he imagined I had been the type of child who always had her nose in a book. This is a compliment I'll always treasure."

Carroll talked about her early disappointment in realizing that she would never be the great ballerina of her dreams.

"It was then I decided to become an actress. I was the typical small town girl in New York — unsure but eager to learn. When someone connected with the entertainment field gave me advice, I followed it. When my agent said I should dye my hair red and wear tighter dresses, I did and became something phoney. I looked like everyone else.

"You have to learn that it never pays to accept anything that is in conflict with your true personality. This is where I began to develop what you call my 'independent thinking.' I admire an open mind, but any time you go against your true self you are inviting unhappiness and neuroticism.

"When I got back to the original me I was accepted by Actors Studio, and my whole life and career took an upward turn. I stuck to my ideals—living on a budget that allowed only 30 cents a day for food—but I kept my individuality—and it paid off."

THOUGHT FOR FOOD

By Muriel Wilson

HOW to TEMPT a MAN

IF YOU WERE like the grasshopper who ignored the harvest and just sang through the summer months the chances are that your jam and jelly shelf is empty. Actually there isn't any moral to this fable as far as humans are concerned . . . we can make breakfast spreads almost any time of the year thanks to frozen fruit and year round citrus fruit. Even if you canned and jammed last summer the shelves may now be depleted. Right now Seville oranges are in season and they do make lovely marmalade.

Because my Jim would eat marmalade on his toast 365 mornings in the year and because he has a great preference for bitter marmalade, I always make a good batch while these particular oranges are available. Today was the day and right now there are 12 glasses of deep orange, tangy marmalade standing on my kitchen table. True you can buy good marmalade but for our taste most of it, even the Seville, is too sweet. Besides it is good to pamper your husband occasionally by making something exactly to his taste.

The first step in making marmalade is to cut up the oranges. Wash them well first as you are using the skin. If you have never used the Seville oranges before don't be dismayed when you cut them open to find some very tough membrane and a great many seeds. All that membrane, pith and seeds contain a jelling substance which help to make the marmalade jell.

THE EASIEST WAY to deal with these queer oranges is to cut them in quarters. Remove as much of the membranes as possible, take out the seeds but don't throw any of it away. Put it in a small saucepan and cover with at least a cup of water. Boil smartly for 10 minutes, then press through a coarse sieve into the prepared fruit. Use a good sharp knife to slice the orange quarters, cut them on a plate so the juice is not lost. Cut into long, very thin shreds. I cut up six good-sized oranges which made six cups of pulp.

This goes into a large kettle along with 10 cups water. Boil briskly for half an hour. This reduces the liquid a bit. Let stand several hours or overnight. Then boil hard for 20 minutes. Now measure and divide the pulp into two saucepans, (smaller quantities jell better). Measure cup for cup: one cup sugar for each cup juice, and stir until the sugar is dissolved. Boil rapidly until it sheets off a spoon. Or try a spoonful in saucer placed in the "frige" for quick chilling. As soon as it shows signs of jelling remove from the heat. From the time I added the sugar till it jelled took about 40 minutes for mine. Let stand for 20 minutes, stirring occasionally to distribute the fruit. Pour into jam jars and seal with wax or Memba seals. You may have a few jars more or less according to the size of the jars. My 12 jars cost me just 88 cents (plus electricity), 33 cents for six oranges and about 50 cents for sugar.

YOU MIGHT LIKE the sweet oranges better than the bitter ones but the method is exactly the same.

Have you tried making marmalade with Certo? It's quite different . . . the short boil does not evaporate much of the liquid so there is much more jelly in proportion to the fruit. For this pectin method follow the directions on the bottle or package exactly.

Besides a breakfast spread marmalade makes a wonderful coffee cake. Use any basic coffee cake recipe, put half the batter in a greased pan, spread with marmalade then put balance of batter on top. For a crispy topping mix together one-half cup brown sugar, two tablespoons flour, two teaspoons cinnamon, two tablespoons melted butter and a quarter cup chopped walnuts. Spread on top of batter. Bake in a 350-degree oven for 30 or 40 minutes. Cut in wedges or squares while warm, have a pot of fragrant coffee ready to pour and then call the neigbors in.

THIS WEEK'S ANAGRAM

How is your vacabulary? There is no better or more fascinating way to improve it than by solving these anagrams each week. Add the letters in the first column to the letters in the second column, and rearrange the letters so as to form a new word. Example: FEND plus SEE equals ???. Answer: DEFENSE. Can you solve the following anagrams?

(1)	SLAM	PLUS	OFT	EQUALS	???
(2)	ANTS	"	AIR	"	"
(3)	PROP	"	SUE	"	"
(4)	VEST	"	IRE	"	"
(5)	SHIN	"	OUR	"	"

Solution to today's anagrams are printed on Page 10.